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BEST NEW PRODUCT

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What are the Best New Product Awards?

Last Thursday, the 2009 Best New Product Awards were announced to a waiting audience. If you haven't heard of them, perhaps you should.

"It's based on a random survey involving over 25,000 Canadian consumers," explains Robert Levy, President of BrandSpark (the company behind the Best New Product Awards), "so it really is a window on the Canadian principal grocery shopper; it's national, and it's both English and French."

The criteria of any winner of a Best New Product Award, says Robert, is based on two equal factors: "If you don't find the product appealing – either the packaging or the name or what it is – you're not going to buy it. And if you aren't satisfied in a way that it met your needs and met your expectations and that you're prepared to purchase it again... we developed this methodology with marketers to make it as close as possible to a real life situation – so it's as close as it can be to the recommendation of a friend."

In the food category, the emphasis was on convenience and nutrition – with a side of sweet-toothed indulgence, of course. For personal care, the majority tended to lean towards branding that smacked of guilty pleasures and lasting satisfaction. In household products, environmental concerns were prevalent. Throughout the categories, ultimately, consumers made it clear that they are looking to get more bang for their buck through more concentration and power with less packaging, and this was reflected in this year's Awards.

"Metro is delighted to be a sponsor of the Best New Product Awards this year," enthuses Bill McDonald, Metro's English Canada Group Publisher. "Very much like the innovation Metro offers to readers and advertisers alike, these awards celebrate innovative new consumer packaged goods products as chosen by consumers. At Metro we take great lengths to listen to our readers through programs like the Metro Life Panel, letters to the editor, etc. Our participation in the Best New Product Awards is an extension of that commitment to listen."

By Lori Dance

2009 Best New Product Award Winners

- ✓Air Wick Odour Stop Aerosols
- ✓Arm & Hammer® Odour Alert Clumping Cat Litter
- ✓Astro BioBest Smoothie
- ✓Astro BioBest Vitalite Yogurt
- ✓Becel Buttery Taste Margarine
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- ✓Green Works Natural Cleaners
- ✓Grissol Crispy Baguettes Rosemary & Olive Oil Flavour
- ✓Herbal Essences Long Term Relationship Leave In Split End protector
- ✓Herbal Essences Long Term Relationship Shampoo
- ✓Hershey Bliss
- ✓Knorr Bouillon cubes with Extra Virgin Olive Oil & Sea Salt
- ✓Knorr Colourful Soups
- ✓Knorr Sides Plus Veggies
- ✓Kraft Extra Virgin Olive Oil Signature Dressing
- ✓Lipton Pyramid Teas
- ✓Maple Leaf Simply Savour™ Grilled Chicken Breast Strips Value Pack
- ✓Pulsar Pro-Health Manual Toothbrush
- ✓Skintastic® OFF!® FamilyCare Insect Repellent Towelettes
- ✓Sun Rype 100% Juice
- ✓Tide 2x Liquid
- ✓Vaseline Cocoa Butter Body Lotion

✓**LOOK INSIDE** TO VIEW SOME OF THE WINNING PRODUCTS AND FOR YOUR CHANCE TO WIN A GIFT BASKET!

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Celebrity Buzz

Manson, Wood item again?

pg 20

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Suspect sought in gas station robbery

INVESTIGATION Ottawa police are seeking a suspect after a knife-wielding man robbed a west-end gas station Tuesday night.

At 10:40 p.m., a man armed with a knife entered the Esso station in the 1500 block of Merivale Road and stole an undisclosed amount of cash. There were no injuries.

He is described as a white male, 20 to 25 years old, wearing a black mask, black jacket, black pants and white running shoes.

Anyone with information is asked to call the robbery unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS).

TRACEY TONG/METRO OTTAWA

Metro Homes pg14

Upping your glitz factor

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food

- **Wine columnist Peter Rockwell introduces us to some budget vintages, pg 15**
- **Looking for a place to eat that won't leave a hole in your wallet? Check out Metro's Meal for a Steal, pg 15**

Tomorrow

- **Canada — Some family-friendly and dirt cheap ways to have fun**

London **Fashion Week**

STEPHEN HIRD/REUTERS

A model presents a creation earlier this week from the Meadham Kirchhoff 2009 Fall/Winter collection during London Fashion Week. **Coverage from Metro's Kenya Hunt, pg 16.**

Local doctor vies for top CMA job

Turnbull against privatization

After a succession of pro-privatization heads of the Canadian Medical Association, Ottawa's Jeff Turnbull hopes to change things.

"Privatization is not the answer," says Turnbull, one of three doctors vying to be next in line to lead the CMA.

Turnbull, chief of staff at the Ottawa Hospital, warns that allowing more private care will simply drain the public system of people and resources, leaving it less able to help those who can't afford private care.

"It will be the most vulnerable who will be hurt the most," he says. "It will be two-tier medicine."

The challengers are Brampton family doctor John Tracey and Deborah Hellyer, who is the director of the pulmonary rehabilitation program at Windsor Regional Hospital.

Hellyer would continue the CMA's growing support for a bigger role for private care in medicine.

"Can we afford to go back to a fully public system? I'm not sure if we can," says Hellyer, who is also a faculty member at the Schulich School of Medicine at the University of Western Ontario. "But we have to ensure that the patients out there receive the care that they need."

Tracey, who has held a number of OMA and CMA positions, is calling for the Canada Health Act to be "re-opened and modernized" to ensure the survival of medicare. "Job One is that we argue for sustainability in the system," he said.

Earlier this month, current CMA president Robert Ouellet said that Canada should adopt a European model of mixed private-public medicine. Ouellet will be succeeded this summer by Anne Doig. The winner of today's election will succeed Doig.

TORSTAR NEWS SERVICE

Ontario's turn

- Online and mail-in voting closes today for the next president of the Ontario Medical Association. Under the CMA's system of rotating presidencies, the person elected today is expected to become head of the national group next year.

Ottawa to be hit by latest round of Nortel cutbacks

ECONOMY Ottawa jobs will be among those affected as telecom equipment maker Nortel Networks Corp. announced plans to cut another 3,200 jobs worldwide.

Although Ottawa-based Nortel spokeswoman Karen Monaghan said the company isn't providing a regional breakdown of jobs lost, "there will be positions affected in Ottawa.

"Workforce reductions will take place over the coming weeks and months," she said.

The new reductions are incremental to the 1,800 remaining from a previous announcement.

With about $4.5 billion in long-term debt and $2.4 billion in cash, the company filed for bankruptcy protection in the U.S. and Canada last month.

The Ottawa location employs 4,200 people. The cuts represent roughly 10 per cent of Nortel's current workforce of more than 30,000.

The laid-off employees will not get severance payouts, which the company suspended when it filed for bankruptcy protection.

TRACEY TONG/METRO OTTAWA
WITH FILES FROM REUTERS

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Bring back the Block Parent signs, police say
Following the closure of the Block Parent Program in Ottawa last fall, police are still looking for window signs to be returned. The sign return deadline has been extended to March 31. Signs can be brought to any police station or pickup can be arranged by calling 613-236-1222 ext. 6417. METRO OTTAWA

Local

Searching for the worst driver

Think you know Ottawa's worst driver? Put his or her name forward for the fifth season of Canada's Worst Driver. Producers of the Discovery Channel show will make a trip to the capital in early April to meet with the worst of the worst. Drivers bad enough to make the cut will earn a spot at the nation's most intense training hub, the Driver's Rehabilitation Centre. To submit a nomination, email driver@propertelevision.com or call 1-866-598-2591. METRO OTTAWA

Sex offender gets six years

44-year-old has been convicted previously of similar offences

TRACEY TONG
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A judge has sentenced a convicted sex offender to six years in prison.

Although Ontario Superior Court Justice Albert Roy said yesterday the Crown prosecutors' recommendation of six to seven years of incarceration was "not out of line," Peter John Graham will only end up serving three years in a federal penitentiary, due to a two-for-one credit of time served totalling 36 months.

Graham, 44, was first convicted in 1989. In 1990, he allegedly committed a sexual offence against a young girl, and was arrested again in 2006. He has been in custody since August 29, 2006.

"We're here to deal with an application by the Crown that Mr. Graham is a dangerous offender in accordance of the Criminal Code," Roy said.

When asked by the judge before sentencing if he had anything to say, Graham, who was neatly dressed in a dark suit and glasses, rose from his seat in the prisoner's box and said no. He sat quietly throughout the sentencing.

In order to classify him as an offender, the Crown was required to prove that he was convicted; that the offender failed to control his sexual impulses and that he was likely to cause pain or injury as a result of failure to control his sexual impulses.

A diagnosis by a forensic psychologist showed that he failed to control his sexual impulses, Roy said.

Roy also said he has a series of victim impact statements.

"Clearly, the risk is there," said Roy.

Roy also said Graham will have to go through the sex offender treatment program while in custody and will be under a supervision order for a full 10 years as a long-term offender after his release.

He also ordered Graham to continue alcohol and drug treatment while being subject to random urine testing; not associate with children under 16 years of age unless approved by his parole officer; provide a DNA sample; have limited access to the Internet and abide by a lifetime weapons prohibition. He is already on the national sexual offenders registry.

Auditor blasts parking strategy

TIM WIECLAWSKI
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REPORT Failure to effectively track revenue or even regularly inspect meters shows that the city's parking strategy is dysfunctional, the city's auditor general said yesterday.

A report tabled by Alain Lalonde stated that the city's parking meters were collecting fees for an average of two to three hours per weekday. The report recommended a review into parking occupancy rates compared to revenue generated.

However, Coun. Gord Hunter pointed out that for large periods of the year, many meters like ones at Mooney's Bay sit unused. He said the report should have separated the meters at areas like Mooney from the on-street meters downtown.

"When you collect that amount of money, you should have a better handle on what is your expectation." Coun. Gord Hunter

On-street and off-street parking revenue was around $7.6 million per year, but there is no effective way to isolate revenue and expenses and relate it to specific areas.

"When you collect that amount of money, you should have a better handle on what is your expectation," he said.

To ensure that collection is effective, they have to know how much money — at least in theory — they are going to collect.

Ray Kostuch, manager of the office of the auditor general, said they are not disagreeing with management about how much money is being collected, but rather saying that the city needs a better system for determining how much they should expect.

Construction on rec centre to start

KANATA The shovels are lining up for a new physical activity hub in northwest Kanata.

Yesterday, city council approved the plan for the Kanata North Recreation Complex, slated to open in spring 2012.

The design for the 80,000- to 90,000-square-foot $43-million complex, built in partnership with the YM-YWCA, has not been finalized but it is expected to include a six-to-eight-lane indoor 25-metre pool, a large gym, a weight and cardio room, two full-size sports fields, public meeting rooms, and a skateboard park.

METRO OTTAWA

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What's online today.

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Watch The Daily Show with Jon Stewart has some choice words about Obama's trip to Ottawa at **metronews.ca/canada**

Lotteries

Lotto 6/49: 5, 11, 26, 31, 36 & 39. Bonus 4
Ontario 49: 10, 29, 35, 36, 37 & 49. Bonus 32.
Ontario Pick 3: 0 6 1; **Ontario Pick 4** : 8 6 0 5
Encore: 4987129
Daily Keno: 1, 2, 4, 6, 8, 9, 15, 16, 22, 24, 27, 32, 33, 43, 51, 56, 57, 59, 64, 70.
These results are not official.

City's AG praises drop in perks

TIM WIECLAWSKI
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CONTRACTS There is a lot less buttering-up between city officials and firms hoping for contracts, according to the city's auditor general.

Since the audit was commissioned last year as a reaction to reports of city officials attending hockey games or going on ski trips with potential or current suppliers, Auditor general Alain Lalonde found that behaviour has virtually disappeared.

Lalonde, who released the 2008 audit reports for the city yesterday, credited the change to a June 15, 2007 memo from city manager Kent Kirkpatrick prohibiting city staff from accepting any "hospitality."

"Before, it was prevalent for employees to accept invitations. Some employees were even seeking invitations," he said. "After June 15, it virtually stopped. I've never seen, in my previous experience, such a change in approach."

Many people pointed to the memo to explain their refusal, he said.

In the audit, Lalonde said they identified all employees who were responsible for awarding contracts and focused on the 28 workers who dealt with a high volume of contracts.

They reviewed the applicable policies and files and interviewed city staff and suppliers.

However, Lalonde said his investigation was limited by the city's policy of only saving emails for 90 days and he is asking the city to consider extending that period to two years.

With 15,000 employees on the city payroll, Lalonde said there are bound to be grey areas and he spent some time during an in-camera session discussing those cases with council.

TIM WIECLAWSKI/METRO OTTAWA

City auditor general Alain Lalonde discusses the finds of the 2008 Audit Reports — Volume 1, tabled at yesterday's city council meeting.

Four charged in relation to Quill Street store robbery

CRIME Ottawa police said yesterday they have charged three adults and one young offender in relation to a confectionery robbery on Feb. 18 on Quill Street.

At 9:50 p.m., four masked people entered the store and stole a quantity of cash and other items, along with the employee's vehicle. The vehicle was later recovered nearby.

Responding patrol officers, including a canine officer, arrested one suspect shortly after the robbery, with three additional arrests made the next day.

The majority of the stolen property was recovered.

Police charged four suspects with robbery, wearing disguise during commission of offence and conspiracy to commit an indictable offence.

Al-Hassan Ramadan, 18, Josh Mousseau, 18, Abdo Yousuf, 18, and a 15-year-old were released from custody, with the adults appearing in court on March 18.

TRACEY TONG/METRO OTTAWA

Woman launches suit against Ticketmaster
A Winnipeg woman has launched a class action lawsuit against concert ticket giant Ticketmaster for overcharging, CBC.ca reports. According to the woman's lawyer, her daughter bought tickets through a Ticketmaster subsidiary for around $200 each when the original ticket price was just $57. METRO NEWS SERVICES

Canada

Singer opposes quarry plan

Sarah Harmer has been singing Escarpment Blues, a song she composed to protest plans for a quarry near her Burlington, Ont., home. The Juno-award winning singer has helped to start a citizens' group, Protecting Escarpment Rural Land, which is opposing a bid to open an 80-hectare pit on the Niagara Escarpment, designated as a World Biosphere Reserve by the United Nations. TORSTAR NEWS SERVICE

Man survives, wife dies in tragic rescue

B.C. A skier died while she and her husband spent more than a week lost in Canada's Rocky Mountains as their distress signals twice failed to prompt searches, police said yesterday.

The couple, visiting from Quebec, apparently skied into an out-of-bounds area on Feb. 15, at a mountain resort near Golden, B.C., then got lost. No one realized they were missing.

They were not dressed for backcountry skiing in bitter winter conditions, police said. They carried no water and had only two granola bars for food, forcing them to eat leaves in an attempt to survive.

A helicopter spotted an SOS distress symbol carved into the snow two days later, but authorities did not launch a ground search after checking with the resort and other area businesses and finding no indication that anyone was missing.

The couple had spent the night at the Kicking Horse Mountain Resort, but had checked out of their hotel rooms before going to the mountain to ski.

The SOS was also spotted by a pilot on Feb. 21, but again no search was launched because authorities thought the incident had already been investigated. REUTERS

News in brief

TELEVISION Broadcaster CTV Inc. will shut a pair of its television stations in Ontario, citing "the current global economic crisis" and structural problems facing the conventional TV sector, it said yesterday. Last November, the network cut 105 jobs. REUTERS

Green talk relieves PM

But Canadian oil will continue to flow south, Harper says

Prime Minister Stephen Harper says he is breathing a sigh of relief that U.S. President Barack Obama is serious about climate change, but the pace of change in Washington could leave him struggling to catch his breath.

From world-leading automobile fuel standards to a clean energy surge and greenhouse gas restrictions, the U.S. is set to accomplish over the next year what Canada has been promising for a decade.

While the Tories have put pollution regulations on hold until the American playbook becomes clearer, Obama called Tuesday in his address to Congress for an emissions cap-and-trade system that is anticipated to raise $300-billion in new revenue and set the course for economic recovery.

"History reminds us that at every moment of economic upheaval and transformation, this nation has responded with bold action and big ideas," Obama said, calling climate change, along with health and education, his top priorities for the year ahead.

The Conservatives have pledged to keep pace with Washington both to do what is politically popular and to stay competitive economically, but signs have emerged that Harper's team has not completely changed its stripes.

Asked this week about threats in the U.S. to ban oil imports from Alberta, Harper insisted Canadian taps would continue to slake the U.S. thirst, regardless of political rhetoric.

It was reminiscent of the diatribes he once reserved for opposition parties urging a carbon tax or Kyoto compliance. This time his target was green U.S. governors like California's Arnold Schwarzenegger, who has passed legislation to outlaw dirty energy sources in favour of cleaner fuels.

"There should be no illusion that economic reality will hit those environmental policies pretty hard when one goes to implement them," Harper told CNBC host Larry Kudlow.

TORSTAR NEWS SERVICE

Mexico — The other partner

- Despite the promise of deeper co-operation to fight global warming, there are signs U.S. President Barack Obama's kindred climate change spirit lies not in Canada, but in Mexico.
- Sources say that Mexican President Felipe Calderon plans to announce a climate change strategy in the next few weeks that calls for a 50 per cent reduction in greenhouse gas emissions by 2025, targetting in particular the country's petroleum and electricity industries.

Dziekanski intended to hurt: Officer

TASER INQUIRY An RCMP officer has testified he was sure Robert Dziekanski intended to harm the Mounties called to Vancouver's airport in October 2007, CBC.ca reports.

Const. Gerry Rundel told the public inquiry into the death of Dziekanski that the stapler the Polish man was holding could have been used as a weapon against the officers or members of the public.

Rundel testified earlier this week that he feared for his safety when Dziekanski turned toward the officers clenching the stapler. However, several other civilian witnesses who watched Dziekanski have testified they were not afraid of him.

METRO NEWS SERVICES

Edmonton **Bathtime for Lucy**

DAN RIEDLHUBER/REUTERS

Lucy the Asian elephant gets cleaned by Jackie Buck, elephant manager, in her enclosure at the Valley Zoo in Edmonton yesterday. Former game show host Bob Barker has called for her transfer to a sanctuary in the United States due to the elephant's persistent health problems.

NDP member calls for more transparency

POLITICS Prime Minister Stephen Harper should take a lesson from U.S. President Barack Obama and force federal departments to become more open and accountable to Canadians, an NDP MP says.

But as U.S. government agencies are being told to open up, federal departments in Ottawa remain mired in a "culture of secrecy," MP Pat Martin said yesterday.

At the heart of the problem is an outdated Access to Information law that is openly flaunted by bureaucrats keen to stifle public demands for information, said Martin (Winnipeg Centre).

"Users of the Access to Information Act know that the system is broken. It's dysfunctional, doesn't work anymore," Martin said. "People are frustrated by unnecessary delays, unnecessary costs and a failure to comply with the very specific requirements of the act," he said.

The extent of those problems is expected to be driven home this morning when Information Commissioner Robert Marleau releases several reports about how Ottawa handles Access to Information requests.

The news is not expected to be good for a Conservative government that came into office in 2006 pledging more openness and accountability but instead has seen complaints about government foot-dragging on access requests skyrocket. TORSTAR NEWS SERVICE

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British scientist says life doomed by climate woes
Climate change will wipe out most life on Earth by the end of this century and mankind is too late to avert catastrophe, said leading British climate scientist James Lovelock. His apocalyptic theory foresees crop failures, drought and death on an unprecedented scale. REUTERS

World

Prehistoric fish pioneered sex

Sex has been a fact of life for at least 380 million years, longer than previously thought. Internal fertilization was widespread among prehistoric fish living on ancient tropical coral reefs in the Devonian period, research published in the journal Nature yesterday showed. The discovery sheds new light on the reproductive history of all jawed vertebrates, including humans. REUTERS

Gitmo abuse has grown worse: Lawyer

Abuse of prisoners at Guantanamo Bay has worsened sharply since U.S. President Barack Obama took office as prison guards "get their kicks in" before the camp is closed, according to a lawyer who represents detainees.

Abuses began to pick up in December after Obama was elected, human rights lawyer Ahmed Ghappour said. He cited beatings, the dislocation of limbs, spraying of pepper spray into closed cells, applying pepper spray to toilet paper and over-forcefeeding detainees who are on hunger strike.

The Pentagon said on Monday that it had received renewed reports of prisoner abuse during a recent review of conditions at Guantanamo, but had concluded that all prisoners were being kept in accordance with the Geneva Conventions.

"(One) could say that these traumatized ... guards were just basically trying to get their kicks in right now for fear that they won't be able to later." Ahmed Ghappour

"If one was to use one's imagination, (one) could say that these traumatized, and for lack of a better word, barbaric, guards were just basically trying to get their kicks in right now for fear that they won't be able to later," said Ghappour, a British-American lawyer with Reprieve, a legal charity that represents 31 detainees at Guantanamo.

He stressed the mistreatment did not appear to be directed from above, but was an initiative undertaken by frustrated U.S. army and navy jailers.

"I can't really imagine why you would get your kicks from abusing prisoners, but certainly, having spoken to certain guards who have been injured in Iraq, who indirectly or directly blame my clients for their injuries and the trauma they have suffered, it's not too difficult to put two and two together," Ghappour said. REUTERS

Charges filed over Mumbai attacks

INDIA Police in India yesterday charged a man they say is the lone surviving gunman in last year's Mumbai attacks with "waging war" against India, drawing up the first formal charges in the case, a government lawyer said.

Special public prosecutor Ujjwal Nikam told reporters that the charge sheet named 37 other people, including Indians and Pakistanis, with planning and abetting the attacks that killed 179 people and revived long-running tensions between India and Pakistan.

Nikam said he would try to wind up the trial in three to six months.

If found guilty, Mohammed Ajmal Kasab and those who have been charged with waging war with India could face the gallows. REUTERS

Thailand **Protest drags on**

SUKREE SUKPLANG/REUTERS

Supporters of former Thai prime minister Thaksin Shinawatra gather outside the Foreign Ministry during an anti-government protest in Bangkok yesterday. Thai protestors marched to demand that the country's top diplomat quit as their street campaign dragged on for a second day.

News in brief

NETHERLANDS A Turkish Airlines passenger plane with 135 people aboard crashed in light fog while trying to land at Amsterdam's Schiphol airport yesterday, and an official said nine people were killed.

WASHINGTON Financial institutions that pose a serious risk to markets should be subject to serious government oversight, U.S. President Barack Obama said yesterday.

BOMBING Israeli aircraft bombed smuggling tunnels under the Gaza-Egypt border yesterday after two rockets hit southern Israel, an Israeli military spokeswoman said.

ENVIRONMENT The Arctic and Antarctic regions are warming faster than previously thought, raising world sea levels and making drastic global climate change more likely than ever, international scientists said yesterday. REUTERS

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Comment & Views

Comment

GM needs second revelation

InBusiness

Charles Davies
Veteran Business Writer

As General Motors CEO Rick Wagoner steers his beater of a company along the precipice of bankruptcy in a stormy recession, he must pine for the good old days.

I'm not talking here about the 1950s, when GM, with its chrome and fin-encrusted lineup, was one of the world's most dominant corporations. I mean the Great Depression, the gold standard of economic misery, a period when GM somehow managed to stay profitable despite nose-diving sales.

Between 1929 and 1932, GM's North American car and truck production fell 75 per cent and sales revenues dropped 78 per cent. Nevertheless, the company still managed to earn profits of $248 million US and pay out dividends of $343 million US. Working capital was trimmed only by $26 million US and holdings of cash and short-term securities actually grew by $45 million US.

Obviously, it helped that GM didn't have to deal with unionized labour in the worst of the Depression. The United Auto Workers didn't come along until 1935 and, a year after that, kick-started the certification process with sit-down strikes at GM plants in Atlanta and Flint, Mich.

Still, the company had a remarkable triumph in adversity because it was brilliantly managed. GM was a nimble operator, combining innovation with a highly developed system of financial controls and manufacturing processes. Much of the credit for this goes to Alfred P. Sloan Jr., the MIT-trained electrical engineer who assumed GM's presidency in 1923 and didn't let go for nearly a quarter century. GM's strength in adversity, Sloan said in his memoirs, was simply that it could "react quickly" to changing business conditions.

GM revolutionized the fledgling auto industry through the 1920s. Henry Ford may have been the genius of mass production, but it was Sloan and his management team that shaped the market. GM developed the broad model line — "a car for every purse and purpose" — annual model changes, instalment buying (through the 1919 creation of General Motors Acceptance Corp.), and the trade-in.

But in a company that built cars in semi-autonomous divisions, they also introduced stringent cash controls and extreme due diligence when making investments in new products. Sloan's crew also implemented modern inventory and production controls along with regular sales and earnings forecasts. The result, as Sloan described it, was the transformation of a "formless aggregation" into "an integrated, effective enterprise" that ran on the principle of decentralization with co-ordinated control.

GM's Depression-era management structure was a revelation. The company dearly needs another one.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Views

Could you be heartless to your 'faves?'

Steve Shrout
Metro Alberta Publisher

What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip!

Someone recently asked me, "What are you giving up for Lent?" Trying to be the cool guy, I suggested perhaps my cellphone. Apparently it was the most humorous thing this person has ever heard. Taking the snorts personally, I started thinking. The Secret Service couldn't pry it from Obama's hands, so why would I give it up willingly? Over the last few weeks, my cellphone has risen to presidential status making it easier to justify why I carry one like a six-shooter on my hip! (LOL.) My whole style of communicating has changed over the past couple of years. What am I ABT2 do?

My friends think I'm addicted, but that's not my POV. I am pleased that my thumbs have found a new purpose in life! My smartphone is my life … my email, telephone, Facebook, and general "thinking companion" … till death do us part. Can I live without it? A separation of sorts; not for a lifetime, but just 30 days.

Am I crazy? What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly … general office banter and useful gossip! I may be sacrificing the social status I have texted so hard to achieve!

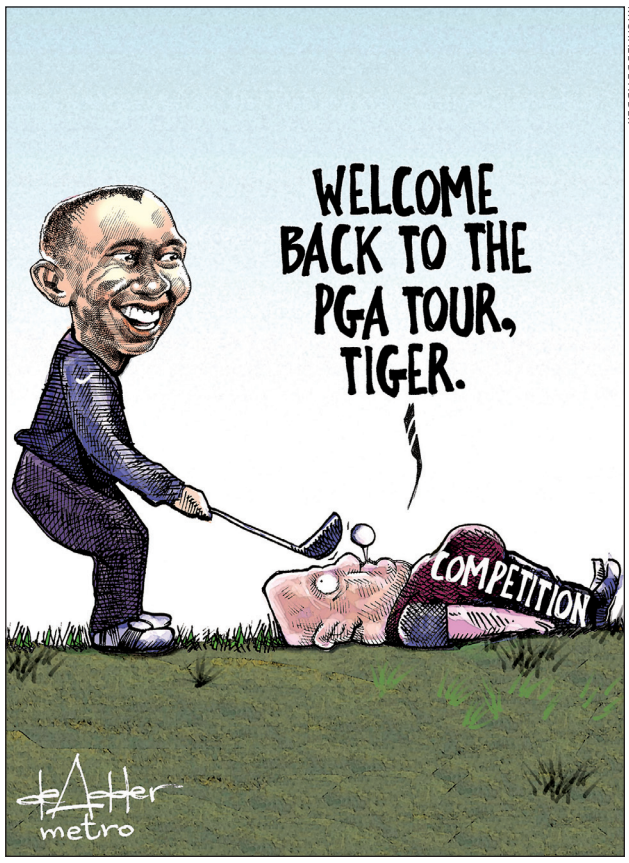
For instance, before I received my smart phone sitting impatiently at red lights was waste of time … now they're just not long enough as I finish that last sentence of humorous and sometimes wise prose. I now have a new appreciation for the horns of some of the more exotic cars out there!

My "friends and family" love it when I'm the first to respond to every question, right? That's indeed what makes me so special! And what about photos? I'm pretty sure everyone loves to see the world from my point of view so I send them proof of my "whereabouts" at whim. They always respond "LOL" or "KEWL!"

Giving up the smartphone may be a great experiment for me, but I'm just not sure I could be that heartless to all my "faves!"

Besides, does this thing even have an off button?

Metro Alberta Publisher, Steve Shrout has become proficient with technology and quite often experiences "phantom buzz" when separated from his cell phone.



MICHAEL DE ADDER

Letters

OC Transpo flip flop

On Monday, OC Transpo put on its website that you can now mail in your December bus pass for a full refund by Feb. 28.

I can't keep track of the number of times they have changed the rules that transit riders have had to abide by to get the refunds.

It must be frustrating for anybody who had stood in line for hours to get a refund this past weekend, only to realize now that they could have just spent money on a stamp and saved all the hassle.

The front line people working at the OC Transpo office have been great. In the lineup, they were asking people whether they want a refund or an exchange (December for March) instead of trying to pass on the idea that the $32.40 (60 per cent off) is a great deal.

Shame on city council for trying to fool the transit monthly pass holders!

It is almost as if the councillors didn't think transit users had suffered enough during the last 54 days. They are making the citizens of this city — the vulnerable, the people who are working two jobs just to make ends meet, students who could use the time better to study — waste their time and energy standing in line so that they can return the December pass and buy the March pass.

Somehow, the mayor and councillors think they can balance the books by making us stand in line.

CHRIS SIU, OTTAWA

Quote of the Day

"We expect the kind of belt-tightening at the CBC as we see with other broadcasters."

— Deirdra McCracken, spokeswoman for Heritage Minister James Moore, responding to questions about whether the government would be willing to give more money to the CBC after reports the broadcaster may suffer an ad revenue shortfall of up to $65 million. REUTERS

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Merkel wants global ban on bonuses for bad bankers

German Chancellor Angela Merkel said in a speech yesterday she wants to see an international ban on bonus payments to bad bankers. "There's no way that bankers should be paid a bonus if their business year was bad," she said at the rally north of Berlin. REUTERS

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CBC likely to cut back

Broadcaster facing ad revenue shortfall

The Canadian government said yesterday it expects the taxpayer-funded CBC to clamp down on costs amid reports that the broadcaster is facing an advertising revenue shortfall for the coming year.

"We expect the kind of belt-tightening at the CBC as we see with other broadcasters," Deirdra McCracken, spokeswoman for Heritage Minister James Moore, said yesterday.

"The CBC is already receiving over $1 billion from taxpayers per year."

"We're not holding our breath for any increase in funding this year."
Karen Wirsig, Canadian Media Guild

Her comments came in response to questions about whether the government would be willing to give more money to the CBC, after newspapers reported that the broadcaster may suffer an ad revenue shortfall of up to $65 million in 2008-09.

"We're not holding our breath for any increase in funding this year," said Karen Wirsig, spokeswoman for the Canadian Media Guild, which represents 5,500 employees at the CBC and Radio-Canada.

She said the union has not been notified of pending layoffs.

"We're pretty much at the bone," she said. "Job cuts are going to mean program cuts."

REUTERS

Quebec Caisse loses $39.8B

MATHIEU BELANGER/REUTERS

Quebec Finance Minister Monique Jerome-Forget speaks about the losses of the Caisse de depot et placement du Quebec in Quebec City yesterday. Canada's biggest pension fund manager said yesterday it lost $39.8 billion in 2008, hit by tumbling stocks and a depreciating dollar, prompting the provincial government to launch an investigation.

Melnyk seeks governance, board shifts

BIOVAIL Biovail Corp. founder Eugene Melnyk, in his latest challenge to the management of Canada's biggest listed drugmaker, yesterday called for a special shareholders meeting to vote on two board nominees backed by him and changes to the company's governance.

The request revives a messy 2008 proxy battle undertaken by Melnyk that ended last August when shareholders approved the company's incumbent slate of directors rather than an alternative slate proposed by Melnyk.

Melnyk said the special meeting could be held at the same time as Biovail's 2009 annual general meeting, scheduled for May 28 in Toronto. REUTERS

Business in brief

MEDIA Debt-strapped Canwest Global Communications Corp. has raised a little cash by selling part of its stake in sports broadcaster The Score for $6.62 million.

LOSS Martha Stewart Living Omnimedia Inc. reported a net quarterly loss of $8 million US, hurt by slumping ad revenue and writedowns.

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Brodeur back tonight
The New Jersey Devils activated Martin Brodeur off injured reserve yesterday, clearing the way for him to play his first hockey in almost four months. Brodeur was told by the team he would be returning to the net tonight against Colorado. METRO NEWS SERVICES

Sports

Goodell takes big pay cut

NFL commissioner Roger Goodell voluntarily took a cut of 20-25 per cent from the $11-million US salary and bonuses he was to receive in the 2008 fiscal year, as a result of the reeling economy. The NFL, which is generally considered to be by far the wealthiest and most financially stable sports league in North America, reduced staff by 169 jobs — or 15 per cent of its workforce — in December. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

NHL Battle of the Western heavyweights

REBECCA COOK/REUTERS

San Jose Sharks centre Joe Pavelski, middle, is checked against the boards between Detroit's Mikael Samuelsson and Valtteri Filppula last night. The Red Wings won 4-1.

Focused Tiger returns to links

GOLF Tiger Woods made a triumphant start on his PGA Tour return.

Woods, making his hotly anticipated PGA Tour comeback, charged two up after a birdie-eagle start before wrapping up his win on the 16th green.

"I thought it would take me a little bit longer to get into the rhythm of the round, but I came out as if I had it and it felt good," Woods said after piling up two eagles, three birdies and three bogeys. REUTERS

A-Rod homers as Yanks beat Jays

GRAPEFRUIT LEAGUE

Yankees 6 Blue Jays 1

Alex Rodriguez says he's been hit with derision from fans for over a decade now, so yesterday's light smattering of boos and one liners in his first game of spring training was "no big deal."

"I'm just so used to it, it's been a decade going on now, so I felt relaxed out there and had fun," Rodriguez said after hitting a two-run homer in leading his Yankees to a 6-1 win over the Jays in Dunedin, Fla., yesterday in the Grapefruit League opener for both clubs.

Yesterday, there was no questioning Rodriguez on the field. He took Jays rookie hopeful Ricky Romero deep on a 2-2 fastball in the fourth to put the Yanks up 3-1.

TORSTAR NEWS SERVICE

What exactly are the Sens holding on to?

TheHockeyNews

Ken Campbell

thehockeynews.com

If the Senators face such an agonizing decision when it comes to (trading) Neil, their problems are far greater than any of us ever imagined.

There has been an enormous amount made of the difficult decision the Ottawa Senators face when it comes to whether or not to deal Chris Neil at the trade deadline.

Pardon me?

Exactly what is so monumental about that particular decision?

Neil is what is known as a declining asset. He'll be 30-years-old when training camp starts next season and will have come off two-straight seasons in which he has missed considerable time with injuries.

With just 44 games under his belt this season, Neil has two goals and is minus-12.

This corner would suggest that if the Senators face such an agonizing decision when it comes to Neil, their problems are far greater than any of us ever imagined.

And if the Senators fear they can't replace his spot in the lineup for somewhere in the range of the $1.2 million they're paying him this year, then all hope is lost.

Of course the Senators should trade Chris Neil, just as they should, and probably will, trade defenceman Filip Kuba.

That is what rebuilding teams do. They unload expiring contracts to see what they can get in return.

And anyone expecting any more than draft choices or perhaps mid-level prospects in exchange for Neil and Kuba is thinking far too optimistically.

The Senators got a good start on that process when they made the deal to get defenceman Chris Campoli from the New York Islanders in exchange for what will almost certainly be either the 29th or 30th overall choice in next June's entry draft.

Campoli can move the puck, something the Senators need from their blueline, and he can be a serviceable No. 4 or 5 defenceman whose cap hit is a very reasonable $633,000 next season.

If he emerges as anything more than that, the Senators can consider that a bonus.

Campoli is only 24 and it's debatable whether the Senators would have received anything better had they kept the pick.

They certainly wouldn't have got anyone who could help them in the immediate future the way Campoli can.

The rebuilding should continue and if the Senators like Neil that much, they can re-sign him as an unrestricted free agent this summer.

Of course, they run the risk of losing him, but if that's what's keeping them up at night, they're in really deep trouble.

The Hockey News
thn.com

Mobile web traffic grows

Global mobile data traffic through Internet browser firm Opera's mobile portal rose in January by 18 per cent on the previous month — the fastest pace of growth since May 2008. Opera said Facebook and other social networking sites were key generators of traffic. **REUTERS**

Tech Now

Wozniak's new venture

Apple co-founder Steve Wozniak is obviously unafraid to try new things. After dabbling in a slew of start-up companies since leaving Apple more than two decades ago, he's now trying his hand at dancing. He'll be appearing with dance partner Karina Smirnoff on reality TV show Dancing with the Stars, which begins March 9. REUTERS

Considering a career in technology

TechNow

Paul Brent

technow@ctv.ca

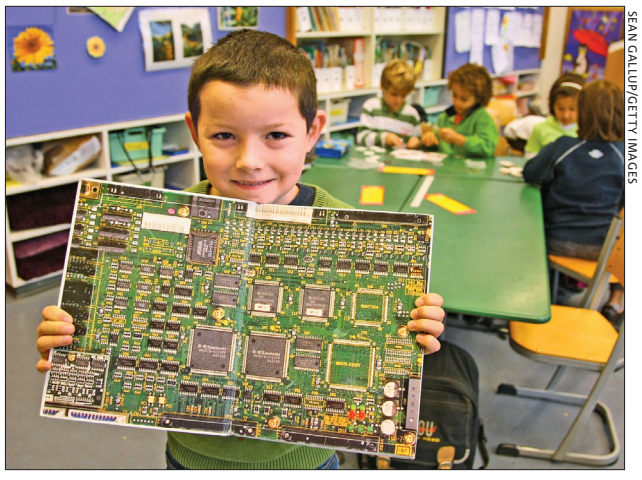
I had an interesting glimpse into the world of young people and technology this week as a judge for an education awards program in Ottawa.

The Aga Khan Foundation operates this awards program in six Canadian cities covering things such as sports, volunteering, arts, culture, leadership, science and technology, and involves students from Grade 7 to post-secondary.

Faiza Hirji, a professor at Carleton University, is chair of the Ottawa program. I asked her why there were only two entrants in science and tech category.

She said, "I don't think there is a lack of interest but perhaps a lack of confidence." Tam Matthews, headmaster of Ashbury College, told me they are having problems getting entries largely because "students are simply so busy that they can't afford the time to submit an entry."

Case in point: As a Grade 8 student last year, Adil Abdulla was tops in his grade for academic marks. He created the school's top science fair entry, participated in three sports teams, was on the school band and choir plus debating team, raised $25,000 in a charity walk, is active in his religion and mentions the likes of former Ontario premier, Mike Harris, as an acquaintance. It's no wonder he won a total of five awards, including in my area for judging, science and tech. Afterwards, he told me he gets five to six hours of sleep each night and uses six calendars to keep his life straight. He plans to be a doctor and then his ultimate goal is to be a politician. The well-spoken young man gives a gentle shake of the head, no, when asked if tech was a career possibility.



SEAN GALLUP/GETTY IMAGES

Though this kid holding up a photo of a circuit board in a book is enthusiastic about technology, not every student is. A lack of confidence or time may be to blame.

The other science and tech winner was Carleton University third-year industrial design student Rahim Bhimani. He likes the challenge of designing products for use by consumers. In high school he won first place in two national design contests.

There are many in tech that see proper design as a key part of producing a product that's a winner in the marketplace. Take a look at the Apple iPhone and its user-friendly design.

Bhimani also takes business courses and sees himself as a businessman first with skills in industrial design. He says tech will only grow in the future and he wants to be a part of that growth.

Website of the week

qik.com

For the video junkies out there, Qik offers taped video and also lots of live video.

Upcoming show

This Sunday, one of the stories on Tech Now will be a look at a website modification to help charities generate more donations.

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Metro Homes

Last blast

If you're a fan of Domino, the hip U.S. glossy that blew a breath of fresh air through the shelter mag world, this is your final chance to pick up a copy. The March 2009 issue is the publication's last. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Up with glitz, glamour

HomeScape

Sylvia Putz

metronews.ca/homescape

It's grey outside and winter is getting a little tiresome. But, as mother always said, it's best to look on the bright side. So I'm thinking about introducing a little decadence and opulence into the home as a way to boost the spirits. You know, touches of richness such as silk or satiny fabrics, over-the-top chandeliers, gilt-edged furniture with elaborate handles, and fringed lampshades.

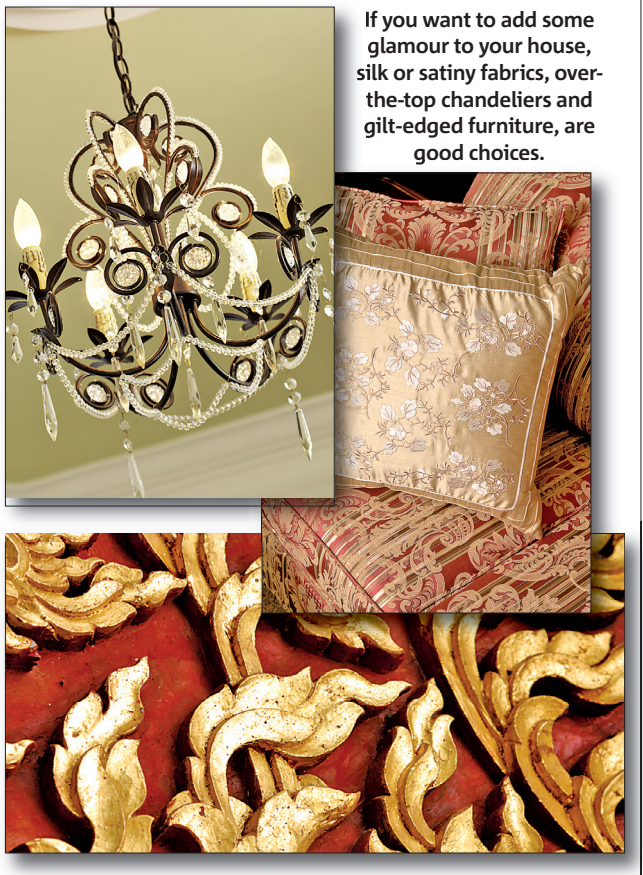
The look reminds me of living like a movie star in the '30s and '40s. So it's not at all strange that some call the look "Hollywood Regency." It's really an eclectic mix of Asian, Baroque, Neoclassic and Art Deco. But whatever it is, it's all over the place these days.

At the Dream Home at the National Home Show in Toronto you can see all manners of shiny and rich detailing: Mirrored furniture, lighting with crystals, shiny enameled furniture, gilded decorative birdcages or furniture, shimmering reflective patterned wallpapers, and so on.

It's all about the details. Small ornate touches give a feeling of richness and wealth; it wafts glitz and glamour. However, to save the look from going totally overboard, the rich detailing is combined with clean-looking decor foundations, a luxurious minimalist look, if you will. For example, introduce a few elaborately upholstered old-fashioned chairs with button tufting, or a buffet edged in gilt into a quieter contemporary space.

No doubt about it, there's Hollywood tacky with too many home decor items that scream, "Hey, look at me, I'm rich." Not necessarily a classy look. And then there's Hollywood elegant, a sophisticated look, with a few tasteful nods to decadence, richness and luxury. Designers of the time were creating homes that were destinations, so people in the business could impress each other with their cushy and elegant homes.

I've said it before, and I'll say it again. In these difficult economic times, putting a luxe touch — a-la-old-fashioned-Hollywood — into your home may seem exactly opposite to what economic realities dictate, but this is precisely what gives the look its appeal. A little luxury can go a long way if you're feeling a tad bleak. And you don't need to overdo it and you don't have to spend a fortune. All you need is a few effective pieces to achieve this look.



If you want to add some glamour to your house, silk or satiny fabrics, over-the-top chandeliers and gilt-edged furniture, are good choices.

Black or dark lacquered furniture or surfaces painted with glossy paints are a part of the Hollywood look.

Sumptuous fabrics play a big role in the look as well. Think velvet drapes, silk lampshades with fringes and thick, sculpted rugs.

One thing is sure — waiting out the winter in these surroundings will be a pleasure, dahling.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Reno tips for those taking the plunge

VANESSA GRECO
for Metro Canada

RENOS Whether it's distressed wood, faux-finishes, decorative finials, or oil-based enamel, Craig Stewart has seen it all. After 12 years in the custom-made furniture business, there are few renovation dreams he can't make a reality.

When a customer approached him about creating the mother of all wall units — a 40-foot, cherry wood unit, with a television set that lifted on hydraulics — Craig didn't flinch, he contacted his craftsmen.

Thirty-eight thousand dollars later, that cherry wood wonder was born.

"With home renovation the sky is the limit," he said. "Anything can happen with a plan and for a price."

When it comes to renovating a dowdy room, most homeowners have trouble getting past the starting line. Stewart shares a few choice tips on how to reignite your love affair with renovation.

CONSIDER THE COST

When renovating, it's all about how elaborate you want to get, said Stewart.

"Many rookies don't do enough research on the cost of their project," said Stewart. "A lot of times they wind up getting to the final stages and don't have enough money to finish."

When Stewart renovated his own basement and did the whole nine yards — flooring, walls, lighting — it cost about $20,000.

GRAB YOUR TAPE MEASURE

Before stepping into any stores, homeowners should put together a scaled drawing of the room they'd like to renovate. Record all dimensions, and don't forget the location of the doors and windows.

GET INSPIRED

It could be your grandmother's old Victorian dresser, or elaborate crown molding. If there is a particular style that catches your eye, work with it. Ask a consultant what they can do to help you mimic that design.

"Sometimes homeowners ask to match the style of an existing piece of furniture," said Stewart. "They might sift through magazines, or take a long walk through our display room because they have no clue what they want — and that's ok."

WHERE TO START

"Furniture is the last thing that goes into a room, but always the first thing you should plan for," said Stewart, adding that the last decision should be paint colour.

Bring in samples

- If your current paint colour makes you happy, or sofa has some sentimental value attached, you don't have to let go. Gather some fabric swatches, floorboards or paint samples and ask a professional how you can incorporate those elements.

PHOTO SUBMITTED

Seen here are some picks from Amish Furniture Outlet.

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Food

Long touted as a super food in Asian culture, mushrooms are becoming the focus of scientific studies exploring their health benefits.

Barb Holland/for Metro Canada

Munch on this

Fresh mushrooms contain antioxidants, cancer-fighting nutrients, both soluble and insoluble fibre, and are a good source of riboflavin and other minerals.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

liquidassets@eastlink.ca

Thrifty thirst

Forget about country, region, producer or even grape variety; if my email inbox is any indication when it comes to wine, the only thing many of you are interested in during these turbulent times is something to sip on that doesn't drain what's left in your bank accounts.

Blame the economy. As it flounders in a sea of uncertainty, even some of the uppity snobs I know (those that usually wouldn't dirty their glass with the likes of a simple quaffing wine) have taken to scanning liquor store shelves in hopes of finding a recession-friendly tipple. Most have discovered that South America is the liquid oasis for those as thrifty as they are thirsty.

As the globe's fifth largest wine producer, value-priced juice is oozing out of Argentina — especially from its major players like **Bodegas Trapiche**. Its **Astica ($7.45 - $9.00)** line is a constant winner with both the **2007 Sauvignon Blanc Semillon** and **2007 Merlot Malbec** solid, food-friendly easy-drinkers.

When it comes to bang for your buck **Concha y Toro's 1500 ml Frontera ($14.95 - $17.56) Cabernet Sauvignon Merlot** and **Sauvignon Blanc** from neighbouring Chile are hard to beat if you're looking to trade down without sacrificing flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.

Riding the **Recession**

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Get hungry for some fungi

À **la** carte

Barb Holland

Metro Food Writer

Locally grown and readily available year-round, we often take this all-season vegetable for granted.

According to Mushrooms Canada (mushrooms.ca), the total mushroom production in Canada is a staggering 105 million kg. White and brown (Crimini and Portabella) make up 90 per cent of the mushroom crop in Canada, the remaining 10 per cent are specialty mushrooms such as shiitake, oyster, King oyster and enoki.

Mushrooms vary in shape, size, texture and flavour and are much more than a pizza topping.

Asian Chicken Noodle Soup

This colourful and oh-so-healthy recipe, from Foodland Ontario, features Shitake mushrooms. Serve it when feeling a little under the weather or need an immune-enhancing boost. Provide garnishes of green onions, coriander leaves and kick-it-up chili garlic sauce to put in the bottom of deep soup bowls before ladling in soup. Serve with both a spoon and fork (or chopsticks if you're dexterous). Makes about 10 cups/2.5 L), 4 servings.

INGREDIENTS:

- 2 boneless, skinless chicken thighs, fat removed and thinly sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 red pepper, cut into fine matchstick pieces
- 2 carrots, cut into fine matchstick pieces
- 2 cups (500 ml) thinly sliced Shitake or crimini mushrooms (remove stems from Shitakes)
- 3 oz (90 g) spaghetti, broken into 4ths (about 1 cup/250 ml) or other thin noodle
- 8 cups (2 l) chicken broth, preferably sodium reduced
- 2 tbsp (30 ml) soy sauce
- Garnishes:
- 6 green onions, thinly sliced on diagonal
- Fresh coriander leaves, about ½ cup (125 ml)
- Asian chili garlic sauce, about ⅓ cup (75 ml)

FOODLAND ONTARIO

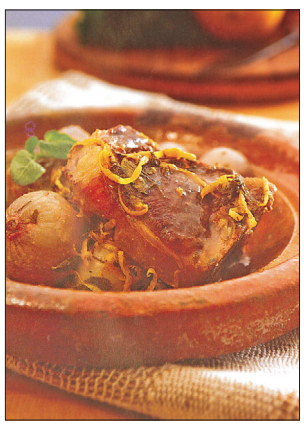
Asian Chicken Noodle Soup.

METHOD:
In a large saucepan, combine chicken, onion, garlic, ginger, pepper, carrots, mushrooms, noodles and chicken broth. Cover and bring to a boil over high heat. Reduce heat and simmer, covered, until chicken, vegetables and noodles are tender, 8 to 10 minutes. Remove any foam that forms on sides of pan during cooking with a rubber spatula. Remove soup from heat and stir in soy sauce. Place green onions, coriander leaves and chili garlic sauce in separate bowls. Let everyone put their choice of garnishes in their soup bowl. Ladle soup into bowls, adding more garnishes as desired.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

If only life were so simple ...

Get ready to create more than 330 meals using only five ingredients ... or less. Quick and easy to make, this new must-have cookbook by Reader's Digest Books is bursting with dishes over a massive 704 pages — from appetizers to main courses, and even desserts. Metro snagged these two simple recipes from Just 5 Things:



Lamb Kleftiko

In this classic Greek dish, the lamb is sealed in a baking dish and slowly baked until tender and succulent. There are many legends surrounding its invention. According to some, the Greeks learned to make it when they were fighting to free themselves from Ottoman rule. Hidden in the mountains, Greek soldiers would place all the ingredients in a dish and bury it over hot embers in the ground. No enticing food smells would emerge to let the enemy know their position. Serves 4.

INGREDIENTS:

- 8 lamb chops, cut about ½ inch (1.5 cm) thick
- 12 shallots, unpeeled
- 2 cups (500 ml) dry white wine
- Finely shredded zest and juice of 2 lemons
- 3 tablespoons fresh oregano leaves

METHOD:
Preheat the oven to 300°F (150°C/gas 2). Put all the ingredients in a large baking dish. Cover with aluminum foil. Bake for about 2 hours, until the lamb is tender.

Remove from the oven. Pour the liquid into a small saucepan. Bring to a boil over high head and cook until reduced by half. Arrange the lamb and shallots in individual serving bowls. Pour the cooking liquid into the bowls and serve hot.

Chocolate and Hazelnut Pots

Serves 4.

INGREDIENTS:

- 4 ounces (125 g) semisweet or dark chocolate
- ¾ cup (180 ml) heavy (double) cream
- ½ cup (50 g) roasted and coarsely chopped hazelnuts
- 1 teaspoon vanilla extract (essence)
- 1 cup (250 g) fresh strawberries, sliced

METHOD:
Melt the chocolate in a double boiler over barely simmering water. Transfer to a large bowl and let cool slightly. Use a large rubber spatula to mix the cream, hazelnuts, and vanilla into the melted chocolate. Pour the mixture evenly into four serving dishes.

Cover with plastic wrap (cling film) and chill for 15 minutes. Serve with the sliced strawberries.

Riding the **Recession**

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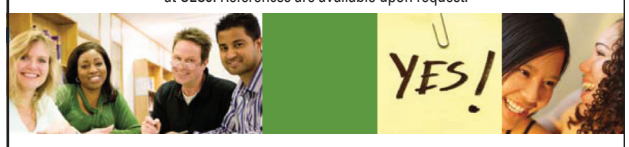

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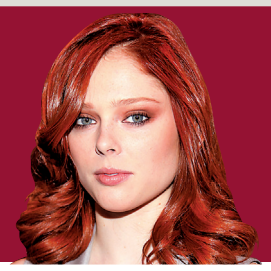
Miller sisters sparkle in London

British actress Sienna Miller and her designer sister Savannah showed off a sparkling line of clothes for the catwalk debut of their Twenty8Twelve label at London Fashion Week late on Sunday. The collection included mini skirts, spray on denim and biker jackets. REUTERS

Style



Coco steps into interviewer role

That Coco Rocha is one smart cookie. The flame-haired 20-year-old Canadian model, who has been tearing up the runways and is a fixture in major fashion magazines, has taken a break from strutting the catwalk this week. Instead, mike in hand and trailing a camera crew, Rocha has been seen conducting television interviews. She is producing an hour-long show on models for E! It's never too soon for a model to start diversifying her career – especially in this tumultuous economy. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Positively fashionable

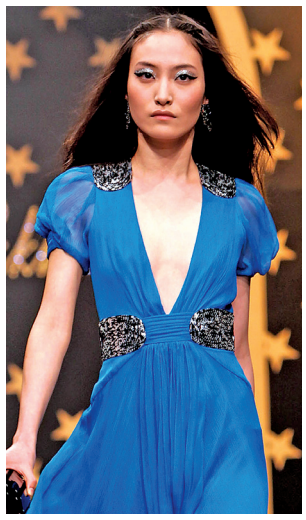
London Fashion Week collections showcased a stream of optimism

KENYA HUNT
Metro World News

It began in New York with neon bright colors and boldly glamorous looks, but London kicked the fall 2009 fashion week season's defiantly upbeat energy up a notch.

The city's shorter (only four days long) week had an electric, dare we say, celebratory vibe to it that made a great antidote to increasingly dismal financial headlines. "I've had some really great nights out this week. People are really happy and high-spirited and it makes the fashion stronger," says Markus Lupfer, the designer behind Armand Basi One.

Meanwhile, Osman Yousefzada jokes, "What recession?" John Rocha, who has weathered several economic downturns says that he's feeling more optimistic about the new Obama administration. But Lupfer attributes London Fashion Week's strong note to the fact that its designers already know how to wow on little funds. "London's fashion market isn't as big business as it is in New York, Paris, or even Milan. We've always had less money. It's nothing new to have no money and to find a new way to do a collection without spending millions," he adds.



London Fashion Week's fall 2009 collections offered bold, glamourous looks like designer Jenny Packham's bright gowns, left, and Osman Yoursefzada's futuristic fabrics.

Here are some highlights from the past week:

OSMAN YOUSEFZADA

The designer sought inspiration from Blade Runner, which surfaced in the collection's futurist undertones. Standouts were his clean, minimalist dresses such as a beige long-sleeve dress with a pleated skirt. His trousers, which usually came high-waisted, cropped with wide-legs, were a bit of a harder sell.

ARMAND BASI ONE

Plays on volume in a monotone palette of black and gray were the dominant ideas here from billowing button-down shirts with dolman sleeves and the lowest drop-crotch harem pants. Mix in high waist lines, architectural shapes and broad shoulders and you've got a challenging collection to say the least. But one doesn't come to London for the "sellable."

AQUASCUTUM

The 155-year-old classic British brand continued fall's obsession with fur, using it as shoulder accents on sophisticated coats and dresses. The color red, another big idea for the season, surfaced later in the show with a houndstooth suit, dresses and separates that will probably appeal more to twenty- and thirtysomethings.

LUELLA BARTLEY

Bob Geldof and daughter Peaches sat front row while her sister Pixie walked the runway in a flirty, punky strapless number worn over a textured long sleeve Tee. The celebrity cameo aside, the real standouts came in a series of more tailored looks in chocolate brown, metallic gold and black such as an easy, A-line skirt paired with a navy cardigan featuring Luella's trademark polka dots.

TOPSHOP UNIQUE

The British mega-high street chain left spring's obsession with the '80s behind in favor of a more futuristic sci-fi approach for its in-house label. Led by head designer Karen Bonser, the Unique team's vision of the future looks more Blade Runner meets Mad Max than Tron. That meant a lot of volume (oversized shaggy coats, massive knit sweaters and ginormous scarves) and even more layering (a draped dress worn over a long sleeve tee with above-the-elbow gloves, over baggy sequined pants, for instance.)

PHOTOS ON THIS PAGE: GETTY IMAGES

London Fashion Week kicked off last Friday with no sign of the recession in sight. The Luella Bartley 2009 fall collection, left, featured well-tailored looks like this metallic gold A-line skirt paired with a navy cardigan and Luella's trademark polka dots.

Trends from Fashion Week in London

KENYA HUNT
Metro World News

Futurism:
Topshop Unique, Osman Yousefzada (pictured)

A return to the '80s:
Armand Basi One (pictured), PPQ.

Bright colors:
Nicole Farhi, House of Holland (pictured), Charles Anastase, Kinder Aggugini.

Bold stripes and plaids:
Christopher Kane, PPQ, Vivienne Westwood (pictured), Nicole Farhi

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Twilight hits stores on March 21
The DVD of the hit film Twilight will arrive in stores on March 21. The DVD will include extended scenes, audio commentary by director Catherine Hardwicke, Kristen Stewart and Robert Pattinson, plus music videos from Muse, Paramore and Linkin Park. **METRO NEWS SERVICES**

Entertainment

Ladies turn Page
Steven Page has left The Barenaked Ladies after more than 20 years. Page is parting company with the remaining in order to pursue solo projects. MSN.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Masterful return of K'naan

K'naan

Album: Troubadour
Label: A&M/Universal
Rating: ●●●●½

IF THERE'S ANY doubt about which North American country can lay claim to having the best rappers around, just listen to K'naan's new record and you'll see that Canada wins. Somalia-born, Toronto-based wordsmith Kanaan Warsame's sophomore effort delivers a masterful record of rap, rock, reggae and everything in between. It's loaded with contagious hooks (I Come Prepared), anthemic arena-ready hip-hop (ABCs) and even a scorching guitar solo by Metallica's Kirk Hammett on If Rap Gets Jealous. With such a strong follow-up effort such as this, it's only a matter of time until the U.S. hands Canada the hip-hop crown.

Bryan Borzykowski/for Metro Canada

DD/MM/YYYY

Album: Black Square
Label: We Are Busy Bodies
Rating: ●●●½

TORONTO'S DD/MM/YYYY MIGHT have turned some people off with their rambling sophomore disc Are They Masks?, but hopefully those disillusioned fans will give these guys another chance. Their latest is nearly as wacky and experimental as previous efforts, but it's more grounded in actual songwriting. That's not to say there are standard choruses and verses, but each song does have an accessible theme that anyone can follow. Fortunately, the group continues to blast as much noise as possible, with fast fingered riffs and blazing synths leading the way. Easily one of the best experimental noise records this year.

Bryan Borzykowski/for Metro Canada

K'naan's sophomore album Troubadour delivers a masterful blend of rap, rock, reggae and everything in between.

Bell X1

Album: Blue Lights on the Runway **Label:** Yep Roc/Outside
Rating: ●●½

IT'S HARD TO understand why Irish trio Bell X1 have a diehard following. Their middling rock calls to mind a less mainstream Coldplay or a Radiohead without all the good stuff. Their new disc is definitely an improvement over the banal Flock, but it's not much better. Sweeping electro sounds, high pitched vocals and a mundane keyboard jam on Amelia offer nothing new to Brit-obsessed music fans. They're definitely better and more indie sounding than the Fray or even Chris Martin and co., but that's not saying much.

Bryan Borzykowski/for Metro Canada

Gentleman Reg

Album: Jet Black
Label: Arts & Crafts
Rating: ●●●

THE ÜBER-COOL folks at Arts & Crafts got themselves a hipster with pedigree when they signed Gentleman Reg (a.k.a. Reg Vermue). He's been a regular with The Hidden Cameras, and has strong ties to indie rock stars The Constantines. On Jet Black, Reg delivers his most accessible music yet. The album starts out strong with the thumping T-Rexish rock of Coastline sweeping into the uptempo beat and ornamental guitars of To Some It Comes Easy. How can you go wrong with a chorus of "in time I'm going to drink myself into a nursery rhyme?" Reg delivers the knockout punch on track three, playfully partying down with You Can't Get It Back. After that, however, the album proves uneven, at best, with Reg's lisping vocal delivery keeping him firmly on the fringe. At times, it can be alluring. At others, simply annoying.

Graham Rockingham/for Metro Canada

MusicReviews

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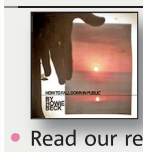

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Hudson turns to gospel

Jennifer Hudson seems to be turning her back on her pop music roots as she sets her sights on recording a gospel album, reports MediaTakeOut. FEMALEFIRST.CO.UK

Gentleman in Black

Toronto artist gets his groove on in new album

BRYAN BORZYKOWSKI
for Metro Canada

If you're new to indie rock it's likely that you haven't heard of Gentleman Reg. That's not because the Toronto-based singer-songwriter isn't any good, it's just taken him five years to release a new album.

"There are so many reasons," says Reg Vermue, about why he hasn't put out a new disc since 2004's Darby & Joan. "A main one was the dissolving of my old record label, Three Gut Records. That was a biggie."

Just because his label disbanded, didn't mean Vermue threw in the towel. He was forced to work the disc himself for more than a year, and when he finally sat down to record a record more problems arose.

"The actual process of making the album didn't take that long," he says. "Like everything else, it was the business. There were band lineup changes and I went through three managers."

> **" (Unlike on other albums) I wanted what was best for the songs and let go of my ego."**
> Reg Vermue

Luckily, Vermue — whose specialty is delicate indie pop — not only created the best album of his career with Jet Black, but he landed on Arts & Crafts, the venerable Toronto-based label that's home to Feist and Broken Social Scene.

"Arts& Crafts and I have always flirted with each other and I've sung with Broken Social Scene a bunch of times," says Vermue, explaining why he signed to the label.

"And Kevin Drew (BSS singer and label co-owner) has always been a huge fan and supporter. So it was just very natural for me to give this record to them."

What A&C got isn't the usual Gentleman Reg fare. Instead of light poppy numbers Vermue turned up his amp and churned out a bevy of hook-filled rockers. The most memorable tune is We're in a Thunderstorm, an odd, but unbelievably infectious chill-out dance club track.

"The music is definitely more experimental and playful," he says. "(Unlike on other albums) I wanted what was best for the songs and let go of my ego. I was open to admitting that maybe making the song a minute shorter is better for a pop song."

As for the dance track, Gentleman Reg says that's from a recording session with I Am Robot's Shaw-Han Liem. The two created an album's worth of experimental club numbers, but Vermue decided to include We're in a Thunderstorm on Jet Black rather than this chill-out disc that may or may not see the light of day.

"I wanted something really exciting, a little spark," says Vermue. "I went through all my dance stuff thinking I was insane to think about it, but I found that one song that's the least dancy of all the stuff I recorded."

So now that his record is complete and his music has found a new home, Vermue must be feeling pretty content, right? Not so much.

"I don't feel settled. There's a lot of stuff going on right now. And I think being too comfortable is not necessarily a good thing, that would make me lazy, and it has the past."

Gentleman Reg is back with new album Jet Black, his first since 2004's Darby & Joan.

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metro

Milk hailed as 'tonic' for young, gay activists

MOVIES Milk lost the battle for the best film Oscar Sunday, but a day later activists say it has won a lasting place in U.S. culture wars by energizing mostly young, gay men and women to speak out.

The movie, which recounts the political life of slain gay activist Harvey Milk, did win two Oscars — best actor for Sean Penn who played Milk and best original screenplay for Dustin Lance Black, a one-time closeted gay teenager raised as a Mormon in Texas. It lost the best movie Oscar to rags-to-riches romance Slumdog Millionaire, and in Hollywood there is an old saying that few people remember the winners other than best film.

Even so, members of the gay community say Milk has been like a tonic that has renewed a sense of activism among younger gay men and lesbians, which is expected to last long into the future.

"Of all the Oscar films, the one that will live on is Milk," said Geoff Kors head of Equality California. "It is a film that will be shown in schools and LGBT (lesbian, gay, bisexual and transgender) centres around the world."

GETTY IMAGES PHOTO

Sean Penn speaks after receiving his Oscar Sunday night for best actor in Milk at the Kodak Theatre in Los Angeles.

By all accounts, the political battles over gay marriage in the United States and the 2008 election have also raised awareness of political activism among young, gay individuals.

Beyond current day issues, Milk serves as a reminder that gay men and women have a history of political trailblazers to be admired for openly advocating social change.

"Milk the movie has reintroduced a period in the fight for gay rights to a younger crowd that may have not have been so familiar with that period," said Phil Curtis, director of government affairs, for AIDS Project Los Angeles. REUTERS

Lil Wayne faces gun charges

ACCUSED Rapper Lil Wayne, fresh from winning best rap album at the 2009 Grammy Awards, will face criminal gun possession charges at a trial scheduled to begin April 20, a New York judge said Tuesday.

Lil Wayne, whose real name is Dwayne Carter, faces one count of criminal weapons possession and one charge of criminal possession of a loaded weapon. Prosecutors allege a gun was found in his tour bus in July 2007.

Carter appeared in court wearing a black leather jacket, jeans, and black-rimmed glasses, blowing a kiss to fans who greeted him outside the courtroom.

New York State Supreme Court Judge Charles Solomon ordered jury selection as soon as the rapper completes his current concert commitments. REUTERS

Engagement's off for Megan and Brian
Transformers star Megan Fox and Brian Austin Green have quietly ended their engagement to be married, a source confirms to People. "The decision was mutual," says the source. "They're still friends." METRO NEWS SERVICES

Recession blurs future for 3-D

High-cost screening equipment limits films' potential audience

Hollywood is turning to 3-D movies more than at any time since the 1950s to boost ticket sales, but the recession has created a distribution logjam that has blurred the current box office outlook for 3-D.

This Friday, Walt Disney Co. will release Jonas Brothers: The 3-D Concert Experience in theatres equipped for 3-D. But that means Focus Features' Coraline, a 3-D hit, must cut its 3-D presence to some 300 screens, likely before it's played to all potential fans.

"It's a statement about how the industry is just so behind an opportunity to make more money, at a time that we've been told constantly the economy is bad. It's ridiculous," said Jack Foley, president of distribution for Focus.

The roll-out of expensive digital equipment needed to show 3-D movies began early this decade and picked up steam after Disney's 3-D version of 2005's Chicken Little became a hit.

Hollywood sees 3-D films as a way to lure audiences out of home entertainment "cocoons," and major studios will release more than a dozen movies in 3-D this year, twice as many as in 2007 and 2008 combined.

No studio has turned to 3-D as aggressively as DreamWorks Animation SKG, whose chief executive officer, Jeffrey Katzenberg, has pledged to release all its movies in 3-D. DreamWorks hopes its animated movie Monsters vs. Aliens can play on 2,200 3-D screens in North America when it opens March 27, but that appears unlikely.

Converting the vast majority of the 38,900 screens in the U.S. will cost $2 billion US, said Patrick Corcoran, director of media and research for the US-based National Association of Theater Owners. "It's a large capital investment and large capital investors are just not out there right now, so it's going to have to happen screen-by-screen, fairly piecemeal." REUTERS

A scene from Coraline, which has been a 3-D hit. But a "distribution logjam" means Focus Features will have to cut the film's 3-D presence probably before it has played to all potential fans.

Conan sidekick joins Tonight Show

TELEVISION Conan O'Brien and former sidekick Andy Richter are reuniting after making TV audiences laugh through the 1990s on Late Night with Conan O'Brien.

With O'Brien taking over as host of The Tonight Show on June 1, Richter will join the late-night program as an announcer and act in sketches, network NBC said on Tuesday.

O'Brien said in a statement that Richter is "one of the funniest people I know" and that the two have remained friends since Richter left NBC's Late Night with Conan O'Brien in 2000 to pursue an acting career.

Richter, 42, was known for his unusual blend of folksy demeanor and dark humor, appearing in sketches such as spoofs of the NBC public service announcements The More You Know and joking with O'Brien from his seat next to the host's desk. REUTERS

KEVIN WINTER/GETTY IMAGES

Andy Richter

U.S. Congress honours Paul Newman

FILM Paul Newman, who died last year of cancer, was given a posthumous honour this week as the U.S. House of Representatives approved a resolution recognizing the iconic actor's life and achievements.

"His legendary acting, steely blue eyes, good humor and passion for helping the less fortunate made him one of the most prominent figures in American arts for 40 years," said Rep. Jim Jordan, a Republican from the actor's native state of Ohio.

Newman earned nine Oscar nominations and appeared in more than 50 movies. REUTERS

Spidey heads to Broadway with U2

THEATRE The long-in-the-works Spider-Man musical has an official opening date. Spider-Man: Turn Off the Dark, directed by Julie Taymor with music and lyrics by U2 main men Bono and the Edge, will open on Broadway Feb. 18.

While no castings have officially taken place, Taymor has been conducting table readings with the stars of her Across the Universe movie, Jim Sturgess and Evan Rachel Wood. The latter has publicly said the role of Spider-Man's Mary Jane Watson is hers.

Ellen returns to do animated voiceover

FILM Ellen DeGeneres will return to the animated big screen for the first time since 2003's Finding Nemo. The talk show host will star in the voice cast of Dog Show. The story centres on a stray dog and her misfit friends who shake up the pure-bred world of a Westminster-like dog show. REUTERS

DeGeneres

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

OT		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	2/26/09	265	353	2	TVO	e2	e2	The Agenda With Steve Paikin		Blackpool Ripley is linked.		Masterworks		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	Survivor: Tocantins (N)		Enquête (HDTV) (SC)		The Office	Kink in Hair	The Unit (N)		News (N)
		-	-	5	SRC	Virginie (SC)	Infoman (SC)			M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		La Zone
		209	342	6	CHRO	Instant Star	TMZ (N)	Wife Swap (N)		Private Practice		Eleventh Hour "Electro"		News (N)
		196	311	7	CTV	Hollywood	etalk	American Idol		CSI: Crime Scene Invstgtn.		ER "T-Minus-6" (N)		News (N)
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	Doc Zone A man searches for his biological father. (N)				CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Furious Five	Kath & Kim (N)	The Office	30 Rock	ER "T-Minus-6" (N)		News (N)
		117	713	10	TVA	Les Gags	Star Académie:	La Classe de 5e (N) (SC)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures	(10:45) Denis Lévesque	
		-	-	11	QS	Grande fille	Un monde bête	*Le Parfait mensonge* (2005, Suspense) Daphne Zuniga.				Cent dix pour cent (SC)		Msr Showbiz
		137	763	12	TFO	Panorama		Météo	Nouv. mondes	*Le Quai des brumes* ★★★ (1938, Drame)			Y'a pas d'âge	Volt
		-	362	13	CBS	Dr. Phil (HDTV) (N)		Survivor: Tocantins (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		Two/Half Men
		216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		Ugly Betty (N)		30 Rock	30 Rock	Hell's Kitchen (PA) (N)		News (N)
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Time and Again* (2007, Drama) Brooke Burns.				News (N)
		-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)		Grey's Anatomy		(10:02) Private Practice		News (N)
		512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	American Idol		Hell's Kitchen (PA) (N)		News (N)		News
		-	-	64	PBS	Business Rpt.	Equitrekking	Live From Lincoln Center				Poirot		Charlie Rose
		205	312	104	CTV	Hollywood	etalk	American Idol		CSI: Crime Scene Invstgtn.		ER "T-Minus-6" (N)		News (N)
news		502	390	26	NW	CBC News	Newman	The Hour Joe Clark.		CBC News: The National		The Nature of Things		National
		500	500	33	CNN	Lou Dobbs Tonight		CNN Presents "Black in America: Black Women & Family"				Anderson Cooper 360 (HDTV)		
sports		406	417	27	net	Overtime	NHL Hockey San Jose Sharks at Ottawa Senators. (HDTV) (Live)					Sportsnet Connected		Hockey Central
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	SportsCentre	That's Hockey!	Interruption	World Series of Poker: Europe		Curling 2009 Scotties Tournament of Hearts -- Draw 17.			
		410	403	52	SCR	Poker 888.com UK Open.		NBA Basketball Cleveland Cavaliers at Houston Rockets. (Live)					Score Tonight	
		411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
		417	406	59	SC	Pimp My Ride	Pass Time (N)	Pinks -- All Out		Bullrun (HDTV)		Bullrun (HDTV) (N)		Pimp My Ride
family		554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*V for Vendetta* ★★★ (2006, Action) Natalie Portman.			
		557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety		570	580	29	MM	mmmtop	Back In	Dream	Where You At	RuPaul's Drag Race		RuPaul's Drag Race		Listed
		615	520	31	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Beast "Capone" (N)		The Beast
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA iMPACT! (HDTV) (N)				CSI: Crime Scn
		521	560	34	TLC	Sports Disasters (HDTV)		Overhaulin' (HDTV)		Street Customs (N)		Heli-Loggers (HDTV) (N)		Street
		145	761	35	TV5	Destinations	Fourchette	Club social		Envoyé spécial			Cité guide	Journal TV5
		616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Resident Evil: Apocalypse* (2004, Horror)		
		620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star		*The Last Mogul: The Life and Times of Lew Wasserman*				Law & Order
		520	505	42	DIS	Daily Planet (N)		MythBusters		MythBusters		MythBusters		Daily Planet
		575	583	43	CMT	Our Song	Flashback	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
		601	562	45	SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	The Biggest Loser		ET Canada
		625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
		294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Orange County* ★★ (2002, Comedy)		
		600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
		627	528	50	SPC	Pretty Bloody Women.		Chuck (HDTV)		Star Trek: Voyager		Chuck (HDTV)		Stargate SG-1
		581	566	53	MTV	MTV Presents	After	MTV News	Cribs	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live
		618	524	54	TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		522	506	55	HIS	NCIS "Eye Spy"		Dogfights		Deep Wreck Mysteries		NCIS "Eye Spy"		Ancestors
		129	773	60	CD	Biographies "Claude Legault"		Les Procureurs (HDTV)		Alliance meurtrière (HDTV)		Histoires de crimes (HDTV)		Police de l'air
		261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Gospel Road* ★★ (1973, Docudrama), Larry Lee				Poltergeist
		602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	House	Maxed Out
		269	350	70	APTN	Suaangan	Wapos Bay	By the Rapids	renegadepress	*The Replacements* ★★ (2000, Comedy) Keanu Reeves, Gene Hackman.				
		621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	All in the Fame-ly		The Tonight Show-Jay Leno		TMZ
		603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes

critics' corner

Resident Evil: Apocalypse
No one seriously expects much out of a movie based on a best-selling video game, but not even the gameboyz who turned the original "Resident Evil" into a modest box-office hit will find much to enjoy in this 2004 sequel, which doesn't even try to sustain a coherent story line or engaging characters. It's all just mindless, redundant violence, and not even creative violence at that. Not even action babes Milla Jovovich and Sienna Guillory can stir up much excitement. 10 PM on 39 SHO

Hell's Kitchen
Insert your own"egg on their faces" joke here. In this new episode, the chefs must feed breakfast to 50 hungry members of a youth football and cheerleading program. That's challenging enough even without ingredient issues, but when one team runs out of eggs, things get really interesting. And by "interesting" we mean "disastrous." 9 PM on 36 FOX

Real-life vampire love

Art seems to imitates life on the set of True Blood, usmagazine.com reports. Anna Paquin and Stephen Moyer — who are romantically linked on the HBO vampire series — are a couple off screen as well. "We are together," Moyer told TV Guide Magazine. **METRO NEWS SERVICES**

Celebrity Buzz

Marilyn and Evan back on?

RELATIONSHIP Marilyn Manson and ex-girlfriend Evan Rachel Wood have sparked speculation their relationship is back on after the two were allegedly seen leaving a hotel in Los Angeles hours before Wood was to appear at the Oscars. The rocker reportedly called the actress his "girlfriend" before the two climbed into a car together, femalefirst.co.uk reports.

METRO NEWS SERVICES

Brown in anger management?

LEGAL Chris Brown is taking anger management lessons, femalefirst.co.uk alleges.

The singer, who allegedly beat up his girlfriend Rihanna earlier this month, has reportedly been advised the classes will help him when he appears in court on suspicion of making criminal threats next month, the website reports.

A source said: "Chris doesn't actually have to go by law, but he believes it will make him look better to the public, and he wants to try to get in a few classes before his court date on March 5."

Brown — who recently released a statement saying he was "sorry and saddened over what transpired" — is believed to have attended his first class on Monday.

It has also been claimed 21-year-old Rihanna has a bad temper and the pair had several heated arguments before the incident on Feb. 7, the website alleges.

The source added to the New York Daily News newspaper: "Rihanna is temperamental, too. They're both too hot-headed for their own good.

"It didn't help that Rihanna grabbed the keys out of his rented Lamborghini and threw them down the street. She knew it would really infuriate Chris, and it worked."

It is believed Rihanna will be required to appear at her estranged lover's court trial to testify, forcing the pair to see each other for the first time since Chris was arrested.

METRO NEWS SERVICES

Brit's ex charged in hit and run

LEGAL An arrest warrant has been issued for Britney Spears' paparazzo ex-boyfriend to face felony charges of trying to avoid a process server — with the help of his Mercedes-Benz, people.com reports.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears' father, at Adnan Ghalib's apartment complex in Encino on Feb. 11 when Ghalib got into his car and drove it toward the victim.

To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib allegedly drove away without stopping, the website adds.

Ghalib was slapped Tuesday with three felony charges of assault with a deadly weapon, hit-and-run and battery, all worth up to seven years in prison if convicted. The charges include special allegations: Use of a deadly weapon — a car — and great bodily injury. Prosecutors are asking bail be set at $110,000.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Anne and Jen's war of words

FEUD Looks like a little quip may have gotten Anne Hathaway a new nemesis: The Rachel Getting Married star was overheard joking to friends, "I'm like Jennifer Aniston. I pick the wrong guys," according to the National Enquirer.

When word got back to Aniston about it, she was reportedly less than pleased: "Say what you like ... I've never dated con men or criminals," Aniston is said to have said, referring to Hathaway's ex-fiancé, an Italian businessman snagged by the FBI last year. **METRO NEWS SERVICES**

Rosie on menopause, Madonna and beer

PEOPLE Rosie O'Donnell has been emailing back and forth with Madonna about menopause, she reveals in an interview on The Tyra Banks Show to air today and tomorrow, usmagazine.com reports.

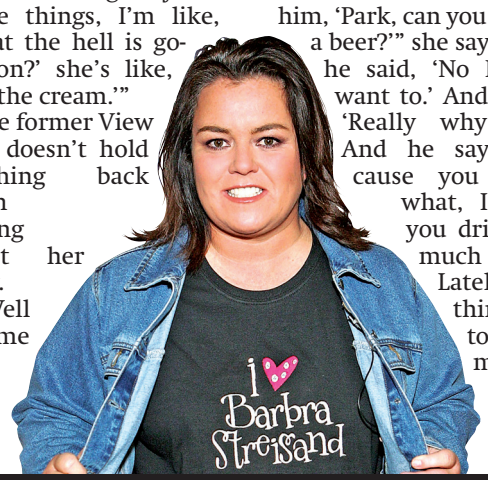
"(Madonna's) great, she's a lot like a big sister," O'Donnell says. "When I started having my hormone things, I'm like, 'What the hell is going on?' she's like, 'Get the cream.'"

The former View host doesn't hold anything back when talking about her body.

"Well let me tell you one thing, Tyra: I am about to be 47 next month and Aunt Flow has not shown up for nine months," she says.

Other changes in O'Donnell's life? She's given up booze. "I stopped drinking on Dec. 1. It has not been easy," she admits. "On Nov. 29, I was with my son, who is now 13, and I said to him, 'Park, can you get me a beer?'" she says. "And he said, 'No I don't want to.' And I said, 'Really why not?' And he says, 'Because you know what, I think you drink too much beer ... Lately I think it's too much.'"

METRO NEWS SERVICES



Jonas Brothers love Rick Astley and Prince

PEOPLE The Jonas Brothers are obsessed with Rick Astley, femalefirst.co.uk reports.

The musical trio are big fans of the '80s British singer and regularly cover his most famous hit.

Kevin Jonas said: "A big one for us that we sing all the time is Rick Astley's Never Gonna Give You Up. Have you ever seen him, by the way? His voice does not match his body."

The band — which also features Nick and Joe — also revealed they are desperate to win a Grammy Award and dream of touring with Purple Rain singer Prince.

Kevin added: "I think to perform with Prince would be incredible. I think that would be one of the best things of all time."

METRO NEWS SERVICES

Weight worries over Lindsay

PEOPLE Michael Lohan is concerned about his daughter Lindsay Lohan's health.

While stopping by Good Day Philadelphia, Michael was asked about Lindsay's recent weight loss. "Lindsay goes through her fluctuations in weight for different roles she's in, and travelling and what she's eating and taking care of herself. I'll talk to her about it. I'll see what's going on," he said.

But that might be difficult, he admitted, since their relationship "has been a little strained because of her relationship with Samantha (Ronson)."

METRO NEWS SERVICES

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TWN incorporates MSC data
Today Showers 60% 4° / -8°
Friday Rain 90% 7° / -18°
Saturday Partly cloudy -7° / -17°
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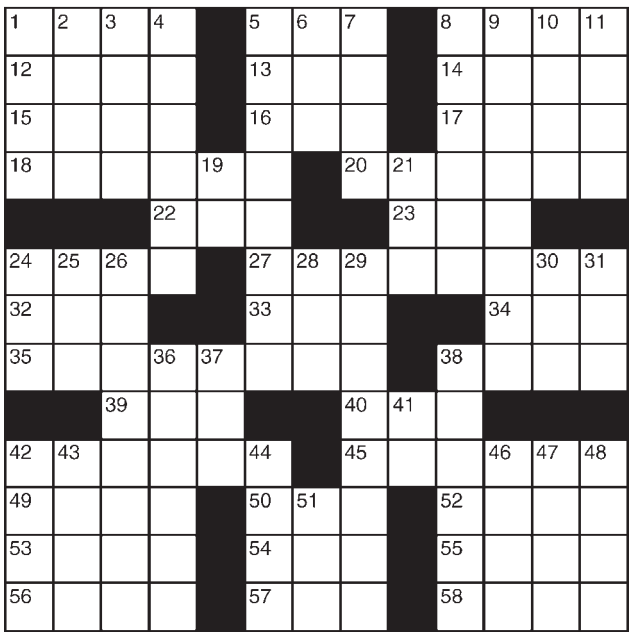
Take Five



Crossword across

1 Send forth
5 Grier or Dawber
8 Feds
12 A-line creator
13 Mimic
14 Wash
15 Con
16 Revolver
17 Curved molding
18 Unhealthful atmosphere
20 Ascending
22 Heavy weight
23 Tasseled topper
24 Hipsters' jargon
27 Engrave
32 Oklahoma city
33 Peeples or Vardalos
34 Gist
35 Overwhelming
38 Predicate part
39 Exist
40 "Eureka!"
42 Money-back deal
45 Tidbit
49 Object of worship (Var.)
50 Bill's partner
52 Nastase of tennis lore
53 Teller's companion
54 That girl
55 Have coming
56 Vortex
57 Raw rock
58 Colouring agents

Crossword down

1 Mild yellow cheese
2 Revealing fashion
3 Greek vowel
4 Sad, on the Seine
5 Violin virtuoso Niccolo
6 "Simpsons" storekeeper
7 Carte
8 Brooding, angry look
9 Periodical
10 Always
11 Requisite
19 Collins of "MADtv"
21 Cpl.'s subordinate
24 Boxing tactic
25 Altar affirmative
26 Tramp
28 Diarist Anais
29 Native American leader
30 Plant sticker
31 Recede
36 "Beverly Hillbillies" role
37 Permit
38 Heterogeneous
41 Crooner Don
42 Mature
43 Supplemented, with "out"
44 Reverberate
46 Dispatch a dragon
47 Green land
48 Photog's choice
51 "— the fields we go"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5			3		9		
				7			4	8
				8	1	3		7
6	4				3		8	
				5				
	3		7				2	1
4		6	8	9				
8	1			4				
		3		2			5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	O	L	S		A	I	M		O	H	M	S
E	X	I	T		D	N	A		N	E	A	P
C	E	R	E	M	O	N	Y		A	G	U	E
K	N	A	V	E			S	H	I	E	L	D
			I	N	C	A		A	R	M		
J	A	P	E		O	V	A	L		O	H	O
A	L	A		T	R	O	U	T		N	E	W
B	E	L		U	N	I	T		H	Y	M	N
		I	O	N		D	O	L	E			
R	O	M	P	E	R			E	R	N	I	E
A	L	O	E		A	N	T	I	M	O	N	Y
F	I	N	N		C	O	W		A	P	S	E
T	O	Y	S		E	G	O		N	E	T	S

5	2	1	4	7	6	3	9	8
3	7	9	1	8	2	4	5	6
8	4	6	3	9	5	2	1	7
9	6	7	2	4	1	5	8	3
1	5	4	7	3	8	6	2	9
2	3	8	6	5	9	7	4	1
7	1	5	9	2	3	8	6	4
6	8	3	5	1	4	9	7	2
4	9	2	8	6	7	1	3	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Steak with Puttanesca Sauce

INGREDIENTS:
25 g (half a can) anchovy fillets, drained
2 tbsp (25 ml) low-fat milk
2 tbsp (25 ml) olive oil
1 red onion, roughly chopped
2 garlic cloves, crushed
1 red chili pepper, deseeded and finely chopped
12 oz (350 g) cherry tomatoes, halved
2 tbsp (25 ml) bottled capers, rinsed
1 tsp (5 ml) dried oregano
4 lean round steaks (about 4 oz/115 g each)

METHOD:
1. Lay anchovies flat in small dish, spoon over milk and leave to soak while you begin preparing sauce.
2. Heat 1 tbsp (15 ml) oil in large, ridged frying pan, add onion and cook gently 3-4 minutes until soft.
3. Stir in garlic and chili pepper, then add tomatoes, capers and oregano. Drain and discard milk from anchovies, roughly chop anchovies and add to sauce. Stir and cook gently 5 minutes or until the tomatoes are lightly cooked. Tip sauce out into bowl and set aside while cooking steaks.
4. Rinse out pan and reheat. Brush steaks lightly on both sides with remaining oil and season with black pepper. Place steaks in hot pan and cook over medium-high heat 2-3 minutes per side for rare or 4-6 minutes per side for medium.
5. Pour sauce over steaks in pan and heat through, then serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Share your secrets with a special person. Lessons are learned by a whining victim. Open your eyes to a pawn in a crazy game.

TAURUS
APRIL 21-MAY 21
Relatives are aware of an unexpected crisis. Common sense will disturb a scoundrel. Don't give up on any romantic thoughts.

GEMINI
MAY 22-JUNE 21
Take the time to make a sensational change. The final days of a business are looming. A mischievous guy gets a reward.

CANCER
JUNE 22-JULY 22
You're in the mood to listen to an adviser. This isn't the right time to say something stupid. Someone takes the path of least resistance.

LEO
JULY 23-AUG 23
Pay attention when something smells fishy. Rely on a phone call to correct a mistake. Refuse to lose sight of the truth.

VIRGO
AUG 24-SEPT 22
An overjoyed person reveals that something's up. Shocking events are caused by financial problems. A surprise phone call causes discomfort.

LIBRA
SEPT 23-OCT 23
Your denial of reality won't sit well. An obsession shows a different side of you. Your concept of freedom will surprise everyone.

SCORPIO
OCT 24-NOV 22
A stranger will appreciate your work. Let a good love change your life. Be rational, amusing, clever and cheerful no matter what happens.

SAGITTARIUS
NOV 23-DEC 21
A conman was hurt by your remark. An optimistic attitude develops after noon. A newcomer is delayed by an error.

CAPRICORN
DEC 22-JAN 20
Emotional people will need assistance. A wounded friend reminds you to forgive a woman. Pack up and move away from a sad situation.

AQUARIUS
JAN 21-FEB 18
The cause of a profitable disturbance is revealed. Wish for an excellent dream to come true. A loved one reveals your destiny together.

PISCES
FEB 19-MARCH 20
Absent-minded people irritate a stubborn fellow. You'll see that it's time to move on. Your energy level is speeding up.

This day in history

FEB. 26, 1797: The Bank of England issues the first one-pound and two-pound notes.
FEB. 26, 1952: United Kingdom Prime Minister Winston Churchill announces that his nation has an atomic bomb.
FEB. 26, 1986: People Power Revolution in the Philippines.
FEB. 26, 1993: World Trade Center bombing: In New York City, a truck bomb parked below the North Tower of the World Trade Center explodes, killing six and injuring over a thousand.
FEB. 26, 2003: Generally said to be the starting date of the War in Darfur.

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Rideau Centre, next to Sears.....(613) 569-2222
St Laurent Mall, next to Sport Chek.....(613) 741-4448
725 Somerset St. W / China Town.....(613) 236-2222
54 Elgin St / Queen.....(613) 235-8888
Billings Bridge Plaza.....(613) 523-7772
Cornwall Square, 2nd floor / Charms..(613) 930-2222
Kemptville, Kemptville Mall.....(613) 258-2700
Oakville, 261 Oak Walk Dr near Walmart.....(905) 257-6991

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St. Catharines, Pen Centre / The Bay....(905) 988-9797
Belleville, Bell Tower Plaza.....(613) 967-0000
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Orleans, 1811 Saint Joseph Blvd.....(613) 523-2000
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Hunt Club, Towngate Mall.....(613) 521-8884
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Renfrew, 108 Raglan St. S.....(613) 432-4488

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Laval, Carrefour Laval,.....(450) 902-1000
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